The Parent Communicator
February 2018

News from the Parent Community Coordinator, Magda Sobalvarro-Ochoa
Serving the communities of Judith Resnik ES and Washington Grove ES. A newsletter to keep you inspired, informed and connected to community resources.

GREAT ADVENTURES IN PARENTING

The month of February is the perfect opportunity to encourage our kids to be kind and considerate of others. Committing acts of kindness naturally contributes to happy kids. The main way children learn kindness is by watching the adults around them, especially their parents. Children are hardwired to be kind but it doesn't hurt to foster their naturally occurring tendencies towards kindness and consideration. Here are a few tips as compiled by Parents magazine.

Work as a team: When a relative, friend or neighbor is going through a rough patch, involve your by asking them how they would like to help or give them suggestions. Take them along if you decide to deliver a meal, flowers or just visit so they can see firsthand how it feels to brighten someone else's day. Also teach them to see all the abundance around them and how to share it with others such as an elderly neighbor, someone in need or their teacher.

Hug a tree: Teach them respect for the Earth and to never litter. If somebody drops or leaves something behind by mistake, pick it up and throw it away even though it wasn't your mess and you weren't "supposed" to clean it up. It will teach them how good it feels to do the right thing.

Pitch in: Assign chores so kids understand that sometimes you have to do things "just because". All kids can be assigned age appropriate chores to help the family. Work as a team in cleaning up after a party or play date. Kids will feel great pride in doing their share.

Look on the Bright Side: Even though sometimes it may seem like bad news is all around us, teach your kids about the good around them. Point out the good things and good people making a difference every day. And show them how they too can be a part of the virtuous cycle.

Do Unto others: Show your kids how to help others and to notice what's going on with the people around them. This will foster their empathy and encourage them to give a kind word when someone else is having a rough day. This may be all it takes to turn someone else's day around!

COMMUNITY AGENCY SPOTLIGHT

This month, in honor of Valentine's Day, we are spotlighting an agency that is "in the business" of fostering kindness and love through the gift of volunteering. The Montgomery County volunteer center is a database of volunteer opportunities for all people willing to share their talent, treasure and time with their fellow men and women. If you would like to volunteer in any capacity, please be sure to visit: https://www.montgomerycountymd.gov/volunteercenter/ You will find all kinds of opportunities from helping at your local animal shelter, to volunteering at a soup kitchen or supporting someone with their taxes. **Note to Montgomery County Public School students**: This is a great place to help you find opportunities to fulfill your SSL hours for high school graduation!

NEWS YOU CAN USE

The Montgomery County Fire and Rescue Service will provide a free check of your home to make sure that your smoke detectors and carbon monoxide detectors are in order and will replace them with new units if needed. Contact them at **240-777-2430 to** arrange an appointment.

UPCOMING ADULT EMPLOYMENT SEARCH WORKSHOP

The Charles W. Gilchrist Immigrant Resource Center will be holding a job search workshop specially designed for non-native English speakers on Wednesdays from 1:30-3:30 pm beginning on February 7th. Please follow the following link for details and registration information:

https://www.montgomerycountymd.gov/gilchrist/Resources/Files/Job%20search%20workshop.pdf